



University of California Cooperative Extension, Alameda County

Tips for Parents of Preschool Children



Volume 1, November



is for Kiwi

Produce Tips

- Choose firm, unblemished kiwi.
- Store kiwi at room temperature for several days or up to four weeks in the refrigerator.
- Place a kiwi in a vented plastic bag and leave it out on the counter for a day or two to ripen.
- Peel kiwi before you eat.



Nutrition Facts

Serving Size: 2 medium kiwifruit (148g)

Calories 90 Calories from Fat 6

% Daily Value

Total Fat 1g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 4mg 0%

Total Carbohydrate 22g 7%

Dietary Fiber 4g 18%

Sugars 13g

Protein 2g

Vitamin A 3% Calcium 5%

Vitamin C 229% Iron 3%

Source: www.nutritiondata.com

Recipe

KIWI SALAD

Makes 4 adult servings at ½ cup each

Ingredients

- ½ cup sliced kiwi
- ½ cup sliced banana
- ½ cup chopped apple
- ½ cup grapes
- ½ cup 100% orange juice

Preparation

1. In a medium bowl, mix all ingredients.
2. Serve and enjoy.

Nutrition Information Per Serving:

Calories 74, Carbohydrates 18 g, Protein 1 g, Total Fat 0 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 2 mg, Dietary Fiber 2 g

Adapted from:

Harvest of the Month, http://www.harvestofthemonth.com/download/Fall/Kiwi/Kiwis_Fam.pdf



For important nutrition information, visit www.cachampionsforchange.net. For food stamp information, call 877-847-3663. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer.

What Should Parents Know About Children?

Cooking and nutrition activities help children develop a good attitude towards food. They also help them learn more about:

- Colors: Identify the colors of the vegetables and fruits.
- Shapes: Recognize the different shapes of fruits and vegetables—round (cantaloupe), oval (watermelon), long (asparagus), short (radish).
- Flavors: Discover sweet, sour, bitter, and salty fruits and vegetables.
- Textures: Describe the different textures, soft, rough, prickly, or bumpy, of the fruits and vegetables.

Family Activity

Daily physical activities makes the family feel good.

- Family members count the number of steps they take daily.
- If you have a pedometer to keep track of your steps, aim for 10,000 steps a day.
- Use stairs instead of elevators.
- Park your car 3-4 blocks away from your destination.



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Tips for Busy Early Childhood Professionals



Volume 1, November



is for Kiwi

- Kiwis are large berries that grow on vines that can reach 30 feet tall.
- Kiwis are covered with fuzzy brown skin and have an egg shape.
- The inside of the kiwi is green with tiny black edible seeds.
- It is named after the kiwi bird.
- They are an excellent source of vitamin C and a good source of potassium and fiber.

Photos: Network for a Healthy California

For more information, visit:

www.harvestofthemonth.com
www.fruitsandveggiesmatter.gov



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Kiwi Fruit Salad

Makes 25 tastes at 1/4 cup each.

INGREDIENTS:

- 6 kiwis
- 1 cup red grapes
- 2 medium bananas
- 1 medium apple
- 1/2 cup orange juice

SUPPLIES:

- Plastic knives and cutting board
- 1 and 1/2 cup measures
- Colander and mixing bowl
- Paper plates and plastic spoons

PREPARATION:

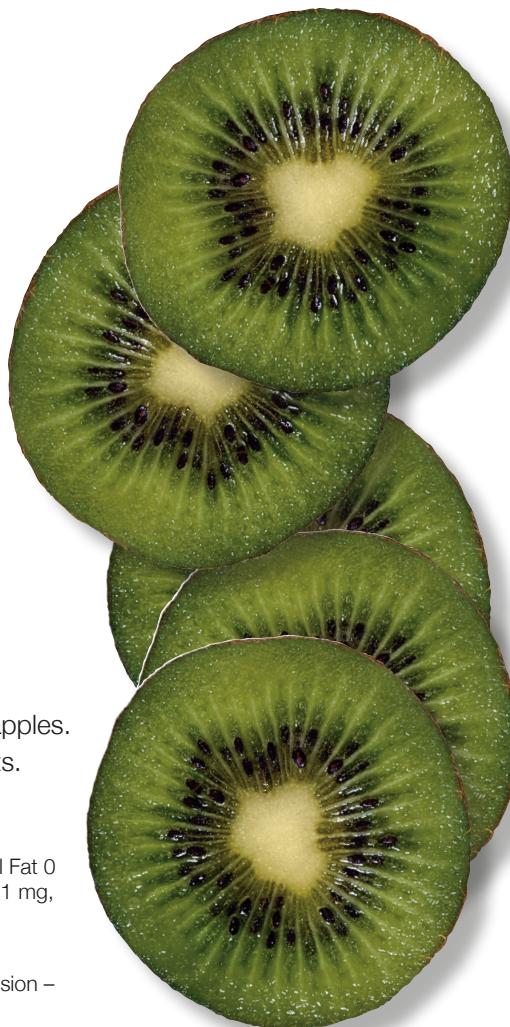
- Wash all fruit.
- Peel and slice kiwis into 3-4 slices.
- Peel bananas. Slice.
- Cut grapes in half. Core and chop apples.
- In a medium bowl, mix all ingredients.
Serve.

Nutrition information per serving:

Calories 30, Carbohydrate 7 g, Protein 0 g, Total Fat 0 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 1 mg, Dietary Fiber 1 g

Source:

NETA, University of California Cooperative Extension – Alameda County.



Cooking in the Preschool Classroom

provides many benefits for young children.

- Children can help peel and cut up kiwis, while others cut grapes in half, slice bananas, and chop the apple.
- Let children measure juice, combine ingredients and serve themselves.

Food Safety and Sanitation

- Wash all fruit before preparing.
- Wash hands before preparing and tasting.

Create a Child-Friendly Environment

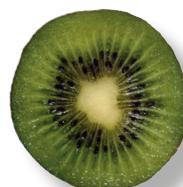
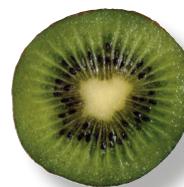
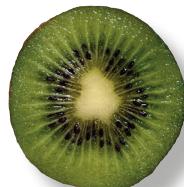
- Engage children on a simple conversation about food.



Activity:

I'll Huff and I'll Puff

Children will learn about kiwi fruit's nutritional value and properties. This activity will also reinforce the importance of being active and practice some creative movement.



MATERIALS

- One whole kiwi and a paring knife to cut it in half.
- Locate a picture of a rabbit and a turtle for the poster board.

WHAT TO DO NEXT?

1. **At Circle Time:** Explain the activity. It is about the rabbit and turtle. Children will take turns being rabbits and very quickly, hop to a designated area. When they are turtles they will move very smoothly and slowly to a designated area.
2. **Explain** the importance of eating fruits and vegetables. To be fast like a rabbit, it is important to start the morning with breakfast. Otherwise, they will be moving slowly like a turtle the entire morning.
3. **Q & A:** Display the kiwi and ask children if they recognize this fruit. Ask, "Have you eaten this fruit? What is the outside color? Will the color inside be brown also?"
4. **Use of Senses:** Pass one of the kiwis around and ask them to touch the fuzzy surface. Ask, "Do they know any other fruit with fuzz?"
5. **Peel and cut the fruit in half:** Show the children the inside and ask about the color of the fruit (brown outside and green inside).

6. **Delicious Food:** Kiwi is delicious with cereal, yogurt, and very good as a topping. The children will have the chance to prepare a great salad.
7. **Movement:** Explain that they will mimic a rabbit and a turtle. Make a starting and ending line. Ask children to spread out behind the starting line. When you say rabbit, children will hop very fast; when you say turtle, they will go slowly to the ending line. BEGIN.
8. **Tell a story:** I am in the middle of a field, I see a kiwi on the ground. I look around very quickly, wiggle my tail, raise my ears and fast I go, like a rabbit to reach for the kiwi. The turtle is also in the field sleeping and very tired. Suddenly, a beautiful bird shows up and the turtle tries to chase it. The turtle moves slowly and the bird flies away. Keep interchanging the roles until you decide to stop.
9. **Cooking:** Both rabbits and turtles will prepare the kiwi salad with the recipe from the front page. Wash hands before preparing and tasting the salad.

Adapted from: <http://www.ipvt.org/kids/grownups/resources/downloads.cfm>



Connections to California Department of Education Child Desired Results: 3 Years to Pre-K

Activity: CDR 1: Self-Regulation 9, 10, 11; Language 12, 13, 14, 15; CDR 2: Learning 16, 17; Cognitive 21; Math 22; CDR 3: Motor Skills 35

Cooking in the Classroom: CDR 1: Impulse Control 9, 10, 11; CDR 4: Safety and Health 39

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